**Pre-trip advice for all residents**

1. Confirm site is ok with Kevin/Neil
2. Meet with your GH Mentor
3. FILL OUT PERSONAL INFORMATION FORM and get to Tami Sloan
4. Does your country require a Medical license?
   1. Start process and paperwork early!
5. Does your country require a Visa?
6. Buy Travel insurance : IVC international volunteer card
   1. <https://www.volunteercard.com>
7. Obtain Rxs + Vax
   1. Do early as malaria ppx requires Prior Auth and takes time to process! Ask your provider to do the Prior Auth as Urgent or Stat
   2. Highly recommend make appt with Travel Clinic (only on Friday mornings- we can help get you approval to miss clinic duties to go)
   3. <http://cchealth.org/immunization/travel.php>
   4. Travel vaccines are available **by appointment only (No drop-ins)** on Friday mornings. To schedule an appointment in the travel clinic call **925-313-6488**.
   5. Recommended:
      1. Cipro, Flagyl, zofran, Post-Exposure prophylaxis
      2. Vax: Yellow Fever, Typhoid, +/- Rabies
   6. Check out CDC recs:
   7. <http://wwwnc.cdc.gov/travel>
   8. <http://www.cdc.gov/vaccines>
8. Register w STEP program <https://step.state.gov/step/pages/common/citizenship.aspx>
9. Phone:
   1. Sign up for WhatsApp and get your contacts in there
   2. Ensure your phone is “unlocked” (for iPhone 5 or earlier) to ensure you will have no problems buying local SIM card
10. Helpful to buy/bring:
    1. Steripen vs Iodine tabs
    2. Flash-drive
    3. External charger for iPhone
    4. Oxford tropical medicine (consider Kindle version)
11. On Arrival/In Aiport:
    1. Buy SIM card at airport for iPhone
    2. Consider buy local phone